

**Introduced by Senators Torlakson, Corbett, Cox, Ducheny, Dutton,
Romero, and Vincent**

(Coauthors: Assembly Members Benoit, Gaines, Horton, Jeffries,
Karnette, Laird, Levine, Lieu, Ma, and Silva)

February 21, 2007

Senate Concurrent Resolution No. 18—Relative to California Fitness Month.

LEGISLATIVE COUNSEL'S DIGEST

SCR 18, as introduced, Torlakson. California Fitness Month.

This measure would proclaim the month of May 2007, as California Fitness Month, and would encourage all Californians to enrich their lives through proper diet and exercise.

Fiscal committee: no.

- 1 WHEREAS, Exercise and fitness activities can increase
2 self-esteem, boost energy, strengthen the heart and muscles, burn
3 calories, and improve cholesterol levels; and
4 WHEREAS, Exercise and fitness activities are excellent ways
5 to relieve stress, lower the risk of heart disease and diabetes,
6 prevent bone loss, and decrease the risk of some cancers; and
7 WHEREAS, A person's fitness level has a dramatic effect on
8 the body's ability to produce energy and to reduce fat; and
9 WHEREAS, A fit person burns a higher percentage of fat not
10 only during activity, but also at rest, fit people have a higher
11 proportion of muscle tissue, which burns more calories than fat,
12 and those with more muscle mass can eat more calories and still
13 maintain a healthy weight; and

1 WHEREAS, To lose weight and keep it off, one should do an
2 enjoyable, moderate-intensity aerobic activity for 30 to 60 minutes,
3 three to five times a week; and

4 WHEREAS, A person should also do muscle-strengthening
5 exercises two or three times a week, and should concentrate on
6 maintaining a balanced diet; and

7 WHEREAS, Most popular diet programs cannot produce
8 long-lasting weight reduction results without exercise; and

9 WHEREAS, There is no age limit for physical activity. Among
10 the elderly, exercise provides cardiovascular, respiratory,
11 neuromuscular, metabolic, and mental health benefits; and

12 WHEREAS, Fitness activities have been shown to sharpen
13 mental ability in all people, and to retard the aging process; and

14 WHEREAS, Maximizing one's energy level, increasing muscle
15 mass, and reducing body fat increases one's chances of living a
16 longer, healthier life; and

17 WHEREAS, More than 60 percent of American adults do not
18 get the recommended amount of physical activity, and 25 percent
19 of American adults are not active; and

20 WHEREAS, Nearly all American youths from 12 to 21 years
21 of age are not vigorously active on a regular basis; and

22 WHEREAS, The rate of type II diabetes tripled among American
23 children from 2000 to 2005; and

24 WHEREAS, The United States Surgeon General recently spoke
25 about the "cultural transformation" necessary to reverse the
26 negative health effects of childhood obesity, and the threat to
27 national security that obesity poses for the country; and

28 WHEREAS, The State Department of Education reports that a
29 majority of California's children are not physically fit; and

30 WHEREAS, Along with California Fitness Month, the American
31 Heart Association has launched a campaign called "Start!" to
32 encourage individuals and employers to create healthy lifestyles
33 through healthy eating and exercise; and

34 WHEREAS, Health care providers, insurance companies, fitness
35 clubs, and others in the private sector will be collaborating to
36 promote fit living and health improvement activities during May
37 2007; and

38 WHEREAS, The League of American Bicyclists declares May
39 2007 National Bike Month, and the California Bicycle Coalition
40 and other organizations are coordinating public awareness events

1 to promote Bike-to-Work Week, which takes place from May 14
2 to May 18, 2007, inclusive; and

3 WHEREAS, The Legislature seeks to advance the physical
4 fitness of all Californians by educating them about the benefits of
5 exercise and a balanced diet; and

6 WHEREAS, The Legislature will increase public awareness
7 about the benefits of exercise and physical fitness by encouraging
8 its Members to host events in their districts that stimulate physical
9 fitness and increase participation by Californians in activities that
10 promote physical health and benefit both mental and physical
11 well-being; and

12 WHEREAS, The Legislature encourages its Members, as well
13 as organizations, businesses, and individuals, to sponsor and attend
14 physical fitness events that are informative, fun, and result in a
15 number of Californians becoming physically fit; now, therefore,
16 be it

17 *Resolved by the Senate of the State of California, the Assembly*
18 *thereof concurring*, That the Legislature hereby proclaims the
19 month of May 2007 as California Fitness Month, and encourages
20 all Californians to enrich their lives through proper diet and
21 exercise; and be it further

22 *Resolved*, That the Secretary of the Senate transmit copies of
23 this resolution to the author for appropriate distribution.